

Zumba Fit



Zumba® Fit is a feel good workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning. No dance experience required. Dance to great music, with great people and burn a lot of calories without even realizing it!

Starts Jan 28th!

Date: Wednesday & Friday

Time: 6:45-7:45pm

Age: 18 years and up

Fee: \$5 per class



RALEIGH

Parks,
Recreation *and*
Cultural Resources
parks.raleighnc.gov

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